

August's Community Challenge: **Make Space to Create**



Starts on:



Aug 03 – Aug 12, 2026

HOW TO JOIN

- 1 Scan the QR Code
- 2 Join the Challenge
- 3 Review the notification settings to ensure you receive reminders to help stay on track with this challenge.

In this 10-day challenge, you'll experiment with short expressive practices, from guided audios and mindful journaling to small bursts of movement or inspiration prompts.



PRIZES

Anyone who completes all challenge sessions will be entered into a drawing, where 10 lucky winners will each receive a \$25 USD gift card! 🎁👟



**JOIN
NOW!**



Join Us: August 2026's Community Events

Monthly Theme: **Spark Your Creativity**

Join our coaches in group coaching sessions, featuring meditations, yoga & stretch sessions, let's talks, and workshops.



Featured Workshops, Yoga & Meditations



Meditation: Mindful Meetings

Coach Jordan Benn

[Register Here](#)



Let's Talk: Leading with Curiosity and Imagination

Coach Lily

[Register Here](#)



Let's Talk: Voices of Strength, Roots of Wellness

Coach Lily & Laura

[Register Here](#)



Meditation: Empower the Future

Coach Amber

[Register Here](#)



Let's Talk: Designing Your Financial Future

Coach Adam

[Register Here](#)



Let's Talk: Supporting Kids' Emotional Expression Through Art

Coach Laura

[Register Here](#)



Freestyle Fitness: Your Body, Your Beat

Coach Brooke

[Register Here](#)



Pilates for Posture & Presence

Coach Arnes

[Register Here](#)



Meditation: Breathwork for Creativity

Coach Lily

[Register Here](#)



Let's Talk: Journaling for Emotional Clarity

Coach Laura

[Register Here](#)

